

Pumpkin Parfait

Rating: ★★★★★

Makes: 6 Servings

The rich flavor of pumpkin with granola is a delicious combination. Try this recipe for breakfast or an after-meal treat.

Ingredients

- 1 **can** low-sodium pumpkin (about 15 ounces)
- 3 **cups** fat-free or low-fat vanilla yogurt
- 1/4 **teaspoon** ground cinnamon
- 1/4 **teaspoon** ground nutmeg
- 1/4 **cup** raisins
- 1/2 **cup** quick cooking oats
- 1/2 **cup** rice crisps
- 1 **tablespoon** vegetable oil
- 1/4 **cup** brown (or white) sugar (packed)

Directions

1. Preheat oven to 325 degrees F.
 2. In a blender or with a fork, blend the pumpkin until smooth.
 3. Mix pumpkin, yogurt, and spices in a bowl.
 4. In another bowl, mix the granola ingredients: raisins, quick cooking oats, rice crisps, oil, and sugar.
 5. Spread granola on a baking pan. Bake for 10 minutes.
 6. Let the granola cool down until it hardens. Then, break it apart or crush it into small pieces.
 7. Spoon the pumpkin into 6 medium-sized glasses or bowls.
 8. Put granola on top of the pumpkin in each glass or bowl. Spoon the pumpkin and granola in layers until all have been added to a glass or bowl.
 9. Serve immediately or refrigerate.
- Cookbook: A Harvest of Recipes with USDA Foods



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	226	
Total Fat	4.5 g	7%
Protein	8 g	
Carbohydrates	40 g	13%
Dietary Fiber	3 g	12%
Saturated Fat	1.5 g	8%
Sodium	107 mg	4%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1/2 ounce
Dairy	1/2 cup